

Rockville Senior Center

Add years to your life

and life to your years!



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程
請打電話: 240-314-8818

October 2006



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Date to Remember:

FLU CLINIC FOR MEMBERS ONLY

October 24
10:00am – 1:00pm

July/August Memorial Fund & RSI Donations



Thank you to the following people who made donations to RSI, the Memorial fund and/or the Endowment Fund:

In Memory of Betsy Caruso:

- Rockville Senior Associates
- Alverta Dronenburg

Forget-Me- Not:



The following members have passed away:

- Carl Hildebrand (87)
- Merion Green (69)
- Belle Harmon (89)
- William Van Lenten (77)

New DVDs at the Center



Nanny McPhee
Failure to Launch

Programs and Events...

October 3 – 10:30am – 12:00pm **TRAVELING WITH LEWIS AND CLARK**

Our speaker, who recently traveled the Lewis and Clark trail, will discuss this famous expedition and its importance in the history of the nation. A special digital and stereo sound presentation will take you back in time. \$2 – members and \$4 – nonmembers. **REGISTER ACTIVITY #19874.**

October 4 – 1:30pm – 3:00pm **OCTOBER BIRTHDAY PARTY** Entertainment by Company B, followed by refreshments. Thank you to the Senior Associates Club. Free. **REGISTER ACTIVITY #19870.**

October 4 – 10:00am – 12:00pm **CLARIFY COMPUTER CONCEPTS** Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer. \$6 - members and \$8 - nonmembers. **REGISTER ACTIVITY #19954.**

October 5 – 10:00am – 11:30am **SHINGLES VACCINE** Shingles is caused by the caricella-zoster virus, the same virus that causes chickenpox. After having chickenpox, the virus lies dormant in nerve cells. It is estimated that 2 in every 10 adults get shingles. Learn about the new vaccine Zostavax, approved by the FDA last spring. Free. **REGISTER ACTIVITY #19987.**

October 5 – 9:45am – 12:30pm **ANNUAL TEDDY BEAR WALK** Energize your heart put joy in the hearts of children. Purchase a NEW teddy bear or other stuffed animal and bring it along as we walk from the Senior Center to Shady Grove Hospital (approx. 1 ½ miles). After presenting the animals to the children, we will meet for a delicious complimentary lunch in the cafeteria and then walk back to the Center (Van transportation available if needed.) Rain date:10/6. Free. **REGISTER ACTIVITY #19879.**

Programs and Events...

October 5, 12, 19 & 26 **OH! THOSE GENTLEMEN!** Join us on a tour of the distinctive male singers in American music history from Jolson, Crosby and Sinatra up to today's reign of Mathis and Harry Connick, Jr. Featuring the blues, the 20's era, Swing, balladeers, scat, soul and Broadway show singers; all will be presented with their differences in style, technique and interpretation. A fun tour! \$8 – members and \$12 – nonmembers. **REGISTER ACTIVITY #19866.**

October 6 – 27 – 1:00pm – 3:30pm **CHINESE BEGINNERS COMPUTER CLASS** Beginning computer classes taught in Chinese. \$5 – members and \$7 – nonmembers. **REGISTER ACTIVITY #19963.**

October 9, 24 & 26 **BEGINNERS INTRODUCTION TO COMPUTERS:** This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10am – 2pm. Tuesday & Thursday class meets 10:30am to 12noon. Upon completion of this series, you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series – \$5 – members and \$7 – nonmembers. **REGISTER ACTIVITY #19951.**

October 10, 12 & 17 – 1:00 – 3:00pm **BEGINNERS DIGITAL PHOTO** Digital cameras are really mini computers. Join us & learn the functions of the camera's menu system. Then we will use the camera in auto mode & produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual. \$35 – members & \$43 – nonmembers. **REGISTER ACTIVITY #19970.**

Leave a Legacy by Planning a Bequest to RSI

A gift to RSI's Living Legacy Campaign ensures that an attractive, safe, fun and educational center for residents aged 60 and older will be available to future generations of the city.

Please consider making a legacy gift by:

- Remembering RSI in your will or living trust;
- Naming RSI as a beneficiary in your IRA qualified retirement plan;
- Naming RSI as a beneficiary in your life insurance policy.

It is easy to add RSI as a beneficiary in your will. Simply include a paragraph which says, for example:

"I give, devise and bequeath (the sum of \$____) or (____ % of my estate) to Rockville Seniors, Inc, a 501(c)3 created to maintain funds for the Rockville Senior Center located at 1150 Carnation Drive, Rockville MD 20850." This language creates an unrestricted bequest for use by RSI when and where the need is greatest, or you may specify that your gift be used for a particular purpose.

To advise us if you have included RSI in your estate plans, or for more information, contact Ron Barber, RSI President, at 240-314-8800.

We recommend discussing all gift plans with your own legal, financial or tax professional.

For Sale...



Scooter for sale – battery powered in excellent shape. \$400.00. Call 301-610-6770.

Traditional mahogany coffee table \$25.00 - excellent condition. Boudoir chair - good condition \$20.00. Deluxe car seat for small dog - excellent condition \$25.00. Brass headboard for twin bed \$20.00. White traditional dressing table with mirror and padded seat \$20.00 Call 301-762-5981.

Kickwheel for sale - custom built frame for a 6 foot tall artist. Will take best offer. Call TJ 301-963-6432.

To place a For Sale message, please call 240-314-8800. No fee for members. Non-members \$5.00 for two months.

Programs and Events...

October 10, 12 & 17 – 10:00am – 12:00pm **COMPUTER ESSENTIALS** Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. \$24 – members and \$30 – nonmembers. **REGISTER ACTIVITY #19959.**

October 12 – 10:00am – 12:00pm **YOUR MONEY, YOUR LIFE** Medicare/Medicaid: Planning for long term care, estate planning, selling your home, the right mortgage for your new home and plan your portfolio so you can't outlive it.

October 12 **MARYLAND SCIENCE CENTER EXHIBITS TRIP for those with confirmed registrations.**

October 16 & 18 - 1pm – 3pm **COMPUTERS – RIGHT CLICK – LEFT CLICK -** Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons, \$8 – members and \$10 – nonmembers. **REGISTER ACTIVITY #19978.**

October 17 **STRASBURG RAILROAD AND AMISH MARKET TRIP for those with confirmed registrations.**

October 17 – 1:00pm – 2:00pm **INCREASE YOUR LONGEVITY** Each year 950,000 individuals die of heart disease and 1 in 6 persons develop diabetes. Dr. Robert Rifkin will discuss ways for individuals to prevent degenerative diseases, increase life expectancy and maintain optimal health through exercise, stress management and body mechanics. Free. **REGISTER ACTIVITY #19973.**

Programs and Events...

October 18, 23, 25 & 30 – 10:00am – 12:00pm **WINDOWS XP** Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used & least understood software on your computer. Note: \$10 manual fee payable to instructor at class. \$36 – members & \$45 – nonmembers. **REGISTER ACTIVITY #19960.**

October 19 – 11:00am **YOUNG IN HEART CLUB MEETING** in the Carnation Room.

October 19 – 1:00pm – 2:00pm **NEW ADVANCES IN FOOT CARE** Many of us suffer with a variety of foot problems because we fear the treatment. New techniques and less invasive surgeries have been developed to minimize scaring, pain and rehabilitation. Dr. Sirlvastava will stress the importance of healthy feet for overall well-being. Walking and exercise benefits most chronic disease we may develop as we age, so come learn how to stay active. Free. **REGISTER ACTIVITY #19927.**

October 19 – 10:00am – 12:00pm **ONLINE BANKING & BILL PAYING** Not sure if on-line banking is for you? Is it really secure, fast and easy? Learn about what you can do when you bank on line from managing your finances, to paying your bills on time. Free. **REGISTER ACTIVITY #19965.**

October 24 – 1:00pm – 2:30pm **COMPUTER SECURITY** Computer security can be a difficult topic for many people. Learn about the problems caused by computer attacks and how to protect yourself and your computer. Anti virus software and other tools will be discussed as will hints on how to protect your privacy. Presented by Radu Marin, Senior Security Analyst, N.I.H. Federal Credit Union. Free. **REGISTER ACTIVITY #19941.**

At the Movies in October...



The Producers (PG-13)

October 4 & 6 at 1:00 p.m.

Scheming producer Max Bialystock (Nathan Lane) and his mousy accountant, Leo Bloom (Broderick), discover that under the right circumstances they could make more money by producing a Broadway flop than they could with a hit. But what will they do when their sure-to-offend musical becomes a surprise sensation?

Friday Night Lights (PG-13)

October 18 & 20 at 1:00 p.m.

A genuine stand-up-and cheer movie about a courageous high school football team's fight to fulfill their destiny and live their dream.

FALL TRAINING FOR NURSING HOME ADVOCATES *SIGN UP NOW...*

Do you read Consumer Reports? Then you know you can help make a difference by advocating for better quality of life issues for frail and vulnerable adults in long term care facilities.

Montgomery County's Long Term Care Ombudsman program is seeking individuals to work as long term care advocates. Volunteers will be assigned to make regular visits to residents in nursing homes at convenient locations in the ROCKVILLE area. Ombudsman representatives work to promote the highest possible quality of life for residents in nursing home settings and help to resolve problems. This volunteer opportunity allows flexible daytime hours and autonomy in developing problem-solving strategies. Training and technical assistance are provided by experienced professionals.

The intensive training program for volunteer candidates is a comprehensive orientation to the aging process, nursing home systems, applicable laws and advocacy skills. Pre-registration for the October class is being accepted NOW. The session is scheduled for the week of October 30th at Holiday Park Senior Center in Wheaton. The course will meet from 9AM – 3PM daily.

Class size is limited and pre-registration is required. Contact Eileen Bennett at 240-777-1067 to learn more.

Programs and Events...

October 24 – 10:00am – 1:00pm **FLU CLINIC** This clinic will be for Members only.

October 24 – 9:30am – 2:30pm **SUGARLOAF MOUNTAIN WALK** Get those hiking shoes out and explore Sugarloaf Mountain. Enjoy a beautiful autumn day and see the changing colors of the leaves. Hike with a picnic on the mountain. Bring a bag lunch and beverage. Wear comfortable shoes and clothing. \$14 – members and \$19 – nonmembers. **REGISTER ACTIVITY #19989.**

October 25 – 1:00pm – 3:00pm **ESTATE PLANNING & LIVING TRUSTS** Learn how a living trust can help you avoid probate, save taxes and more. If you own titled assets and want your loved ones to avoid court interference upon your death or incapacity, attend this estate planning workshop given by Patrick Carroll, Investment, Advisor and C.F.P. and Francis Johnkreysa, Esq. Free. **REGISTER ACTIVITY #19940.**

October 25 – 1:00pm – 2:30pm **THE JEFFERSON CAFÉ** Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Café reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions. October reading is by David Brooks about life in suburbia. Free. **REGISTER ACTIVITY #20322.**

October 25 – **ROCKIN' RED HATS TRIP – EISENHOWER FARM AND DOBBIN HOUSE** for those with confirmed registrations.

Programs and Events...

October 26 – 11:00am – 12:00pm **COUNSELING & SUPPORT FOR SPANISH SPEAKERS** Do you feel lonely, sad, or depressed? Join our drop-in group & discuss topics of interest to you. This program will meet on the 4th Wed. each month & will be in Spanish. Presented by Affiliated Sante Group. Class will meet Oct. 26, Nov. 30 and Dec. 14. Free. **REGISTER ACTIVITY #19962.**

COMING IN NOVEMBER

November 2 – 1:00pm – 4:00pm **SENIORS! LIVE BETTER AT HOME** Come to a FREE ENGLISH TEA and program and learn about services that help you stay independent. Leaders from state and county government as well as non-profit and commercial organizations will discuss services providing home maintenance, shopping services, transportation, in-home medical care, chore assistance, financial assistance, and more. To reserve a seat call 240-314-8810

Special Event

October 26 – 7:00pm – 9:15pm **HARVEST BALL** Celebrate the beautiful Maryland seasonal changes by joining us for our First Annual Ball. We will partner with Gaithersburg Senior Center to host an evening of light refreshments, dancing to an 18 piece orchestra and cash bar (beer and wine). Plan to come with friends and enjoy the season! \$10 – members and \$13 – nonmembers. Register by 10/17. **REGISTER ACTIVITY #19872.**
Deadline to register 10/9.

25th Anniversary Planning Committee

In April of 2007 the Rockville Senior Center will have been in operation for 25 years!

If you would like to serve on the planning committee for our 25th anniversary celebrations, please email jhall@rockvillemd.gov or call Jill at 240-314-8802.

Welcome Andre' Hickman Computer Lab Manager

Andre' began his job in the computer lab in September and we are happy to have him as part of our team. Andre' can help you learn more about computer class offerings and will be glad to take your suggestions about future classes. Please stop by and say hello - even if you can't think of a question to ask him!





THRIFT SHOP:

- * Need a cashier for Friday 10:00 a.m. - 2:00 p.m.

WOODSHOP & CERAMICS:

- Need a volunteer to recruit participants to use these wonderful facilities!

HOLIDAY BAZAAR (December 2):

- Volunteers needed to fill a variety of spots leading up to and on the actual day of the Bazaar.
- Raffle ticket sales - day and weekend hours available from September until December 2.

Call 240-314-8800 if interested in any of these positions or email Livia Laffey, Volunteer Coordinator at jjllt@verizon.net.

Center News...

The Transportation Office now has applications for the **Reduced Fare Program for People With Disabilities** (Non-seniors). Both rail and bus services have features that make using public transportation easier for persons with disabilities. In addition, persons with disabilities may receive the reduced fare for bus and rail. Drop by the Transportation Office for more information.

Come yee, come yee! **Learn how to play Pinochle** on Thursdays from 12 noon - 4:00 p.m. in the lounge. Teachers are here to explain the rules and strategy of the game. You'll learn a new skill and have fun at the same time. No registration required, just show up!

The **Senior Services Long Range Planning Task Force** will be presenting their report to Mayor and Council on October 16th. We would like to thank all the members of the Task Force who worked so hard on this valuable report - especially former Rockville Mayor Jim Coyle who chaired the Task Force. Copies of the report's Executive Summary will be available at the Information Desk in late October.

Congratulations to Miriam Minera and the Hispanic seniors who put on a wonderful **Hispanic Heritage Month Celebration**. The event highlighted Mexico and included a Mariachi Band and fabulous lunch. Great job!

Our very own TV Star! Our daytime custodian **Nick Aquino** was featured as the **Morning Person on NBC Channel 4** on August 8. Congratulations Nick!!

Reminder to gardeners - we will be **planting winter crops this year**. If you are not planning to renew your garden next year, please let the office know so we can assign your plot to someone else.

Highlights from the Participation Survey

Common Misconceptions

When reading the comments that were offered in the Participant Satisfaction Survey, we came across a number of statements that were incorrect. We thought we would highlight some of these this month so everyone can have the correct information.

“Trips aren’t open to out of city residents”

“As out of city members, I am excluded from all trips although I pay more for membership.”

All members who live out of the city are able to register for trips on the same date as city residents. Due to high levels of demand for trips, however, we hold a trip lottery to register for trips. The trip lottery is open to all members (including non-resident members) as well as city residents. At the present time none of our programs or trips are available to seniors living outside Rockville city limits unless they become a member of the center. We are trying to amend this policy however to allow registration by non-residents.


“Registration process needs improvement - perhaps register by email, phone, snail mail. A website would be good for this.”

“Permit registration at front desk. Not only by Rock Enroll.”

“Would also like to register by phone - cannot always get to center and do not use the Internet.”

“Would prefer to register for programs at the Senior Center rather than through the City of Rockville.”

“Would like it if we could register for programs by telephone, instead of registering in person.”

There are 5 ways to register for programs at the Senior Center. From home you can use Rock Enroll and register by telephone (301-762-4284) or computer (www.rockvillemd.gov and click on ). You can also fax in a registration form to 240-314-8809 or mail it to 1150 Carnation Drive, Rockville, MD 20850. If you want to drop off your registration, you can leave it in the locked box on the Information Desk or give it to an employee at the Information Desk. If they have time they will enter it while you wait. If they are busy then they will process your registration as soon as they can.

The Rock Enroll registration system is for ALL programs that are listed in the Recreation Guide - this includes children, adult and senior programs. Not only can you register at any city facility for a senior program, we can also take registrations for any age at the Senior Center.

Home Improvements Available To Seniors!

City-Sponsored Program
Designed To Assist Low and/or
Fixed Income City Residents

Examples Of Improvements:

- Roof Replacement
- Windows & Doors Upgraded
- Furnace & Water Heater Change-Out
- Kitchen & Bath Remodeling
- Vinyl Siding Installation
- Concrete Walkway Repair
- Plumbing Repairs
- Electrical Upgrades

You may be eligible for this program! For more
information, please contact: Tom Howley
(240) 314-8208



City of Rockville
Department of Recreation and Parks

Harvest Ball

With the Olney Jazz Troupe
18 Piece Orchestra and Vocalist



Thursday, October 26, 2006
7pm-9:15pm
Rockville Senior Center

Celebrate the beautiful Maryland seasonal changes by joining us for our first annual Harvest Ball. We will partner with Gaithersburg Senior Center to host an evening of light refreshments and dancing to an 18 piece orchestra. A cash bar of beer and wine will be available. Plan to come with friends and enjoy the season!

Cost: \$10 members \$13 non-members

Registration Deadline: October 9th

**Return your completed registration form and fee to the
Senior Center Information Desk**



#19872 HARVEST BALL

Name _____ **Phone** _____

Address _____

If you need bus transportation, list location _____

(Rockville Residents Only)

Emergency Contact _____ **Phone** _____

HeartWell Tip of the Month



Is it a Cold or is it the Flu?

The flu season is near, typically lasting from November until March. Alex Gleason, writing in Nursing Spectrum, helps us differentiate these viruses.

Cold Essential Symptoms:

Temp. <101 F
Runny nose
Sore throat
Productive sputum
Clear or colored nasal discharge

Influenza Essential Symptoms:

Temp. 102-104 F
“Knocks you off your feet.”
Severe and prominent weakness and muscle aches.
Dry or absent sputum
No nausea, vomiting, or diarrhea

Treat a cold with rest and hydration; influenza with hydration, good hygiene, Tylenol, and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs). Common over the counter drugs for colds include Sudafed, Tylenol, cough medicine, and Afrin nasal spray. Influenza may be treated with anti-virals in the first 12-48 hours while symptoms are present. Most important, be proactive- get a flu shot!

Submitted by Ronnie Kidd, RN

Wellness Matters...Are you getting enough sleep?

Sleep is essential to good health, but the problem is too many people do not get enough. According to sleep experts, people are sleeping less than they used to and this “sleep debt” is taking its toll on the individual’s health. A 2005 poll conducted by the National Sleep Foundation found that the average American adult gets between 6.7 and 6.9 hours of sleep a night. In addition, the notion that you need less sleep as you get older is not true. Sleep needs remain constant throughout life and the amount of sleep your body and brain require changes very little.

The National Sleep Foundation survey also found that older adults who slept 7-9 hours a night had fewer health problems than older adults who got less sleep. Sleep deprivation makes it difficult for your immune system to fight off viruses and bacteria. It has also been linked to an increased risk of cardiovascular disease. In addition, sleep deprived individuals experience reduced energy, greater difficulty concentrating, and an increased risk of having accidents.

Here are some tips for getting a good nights rest:

- Make sleep a priority
- Go to bed and get up at about the same time each day—even on weekends
- Do not eat or drink large amounts before you go to bed
- Avoid nicotine, caffeine or alcohol before you go to bed
- Exercise regularly—morning exercise seems to produce better sleep as it helps adjust the internal clock that governs the sleep-wake cycle.
- Develop a relaxing bed time routine
- Make your bedroom, cool, quiet, and dark
- Sleep primarily at night
- Go to bed when you are sleepy—if you do not fall asleep within 30 minutes, get up and do something else
- If you nap—keep it short 20-30 minutes
- Use sleeping pills only as a last resort

If you continue to have a difficult time sleeping speak to your doctor about treatment.

Submitted by Mary Fleisher, Wellness Coordinator

RSI Reports...

Motion to approve the minutes from July 18, 2006 was made by George Galasso after a change to Ric Edelman's name was made. Mary Barber seconded the motion. Motion carried.

The following are draft minutes from the August 24, 2006 meeting.

TREASURER'S REPORT: A report for the month of July was presented. Motion to approve the Treasurer's report was made by George G. and seconded by Betty Ball.

George G. presented a check for \$38.00 from the Crocus Drive Neighborhood Party to RSI.

STANDING COMMITTEES:

A. Budget: The 2006-2007 budget was revised to make it balance. The board re-approved the budget.

B. Ways & Means: Preparations are underway for the December Holiday Bazaar. Betty Hughes agreed to oversee the raffle operations. Melissa will provide Betty Briscoe with information on rentals which may draw a crowd where raffle tickets can be sold. The board voted to have a \$500 first prize and \$250 second prize.

C. Bingo: Betty Hughes and Rusty Embrey will oversee Bingo while Ron is recovering from surgery. Lois Brown will assist with calling and Mary B. will do the food shopping.

D. Correspondence/Memorial: Betty Ball received two memorial donations for Betsy Caruso – one from Alverta Dronenburg and one from Rockville Senior Associates. In addition, Betty Ball sent letters of condolence to the families of Marion Green and Carl Hildebrand.

E. Gift Shop: In the month of July the Gift Shop made \$749.35. The consignors were paid \$291.56. RSI netted \$424.74.

F. Thrift Shop: The Thrift Shop netted \$790.27 without tax. A cashier for Fridays is still needed.

G. Publicity: George will advertise for crafters wanted for the Holiday Bazaar.

H. Senior Citizens Commission: No Report.

I. Hispanic Services Report: We are planning for Hispanic Heritage Month. There will be a celebration on September 28 and the country is Mexico. We will have a Mariachi Band and Mexican food and dancing. The lunch will be \$10.00.

J. Asian Services Report: No report.

OLD BUSINESS: The Board agreed in a telephone poll in August to go with John Austin. All the paperwork has been signed and sent to him. He will present the Board with options to increase its revenue and if he is elected he will maintain his clients.

Regarding lapel microphones – Eddie Lynn will review and test the system with some Carnation Players. Keith and Ron moved the existing mics back to improve the sound. Judy will also help train the Players how to use microphones. In addition, Jill suggested that Joe Palamara be contacted since he works with the professional theatre groups and equipment at the F.S. Fitzgerald Theatre. Jill also suggested that the ALDs be used more if people are having difficulty hearing the performances. Mary Fleisher can explain how to use the ALDs.

George asked the status of the Naming Rights Policy and Jill said she would check with Burt Hall.

NEW BUSINESS: Betty Briscoe asked why there wasn't a curb cut directly in front of the entrance doors. Jill explained that the curb cut was farther down by the driveway to the back parking lot. Having a curb cut directly in front of the building would be unsafe for people exiting off the buses.

George mentioned that a meeting will be held on Tuesday, September 19th at 1:00 p.m. to investigate

interest in a woodworking club. It is hoped that enough people will participate so we can have people in there at all times to monitor use and build up participation in the shop. George asked the Board to spend \$300 to hire Bruce Fonoroff (the person who teaches the center's woodworking classes) to look at the equipment, make minor repairs and recommendations for equipment upgrades. Betty Hughes made a motion to hire Bruce and Mary B. seconded it.

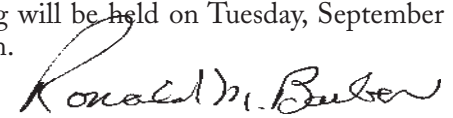
Betty Briscoe asked if we could do anything to stop people from parking on the grass areas around the building. Jill said she'd explain about the new parking areas under staff report.

STAFF REPORT:

The Senior Services Task Force Report is almost completed. RSI will be given the opportunity to review and comment on the report before it is presented to Mayor and Council at a work session in October.

In this years' CIP we have funds to construct more parking spaces. Staff have reviewed the site and selected an area in the back for the additional spots (continuing the original back lot towards Gude Drive). Since the majority of parking spaces will now be located in the rear of the building, we are hoping to improve the back entrance and add an awning that will run from the door by the woodshop out along the building to the parking lot. A drop-off area will be made at the end of the awning. This will help in protecting people from bad weather and sunlight. Jill is getting cost estimates now and hopefully it can be included in the CIP budget (otherwise RSI may be asked to contribute toward the cost).

The Meeting was adjourned at 2:35pm. The next board meeting will be held on Tuesday, September 19 at **1:30** p.m.



RSI Chairman and President

October 2006

Add years to your life....and life to your years!

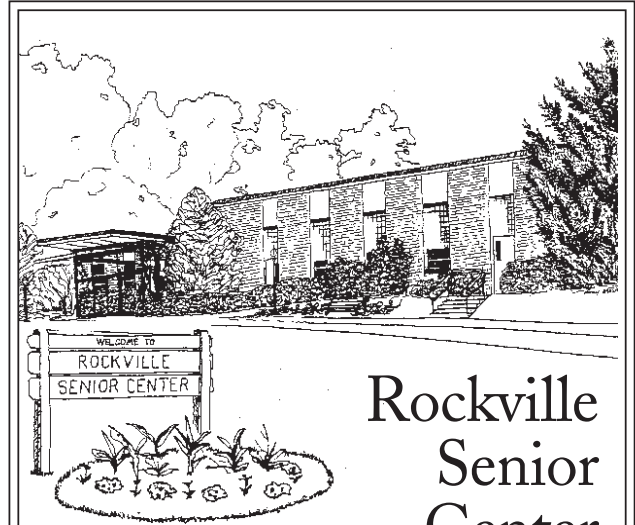
Senior Commission Highlights...

In the next few months the Senior Citizens Commission will be working with the staff to develop a **Needs Assessment Survey**. The goal of the survey is to identify the demographics of the senior population living in Rockville. Of additional interest will be language spoken, housing, health status, and transportation. The results of the survey will help determine the growing social services and social engagement needs of seniors and how well the City of Rockville is responding to them. In addition, survey results will assist the Mayor and Council to focus on the most pressing issues in their future planning efforts.

If you are selected to answer the survey, please help us by responding quickly and accurately. Your answers could make a difference.

Submitted by Ciriaco Gonzales, Senior Citizens Commission

Put a Smile on an Ill Child's Face!
Participate in the Annual Teddy Bear Walk
Thursday, October 5
9:45 a.m.



Rockville
Senior
Center

Rooms Available for Special Occasions

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 10 to 50 people are also available. Senior Center Member Discount.



BINGO EVERY WEDNESDAY

The Rockville Seniors, Inc. fundraising
BINGO every Wednesday night.
OPEN TO ANYONE AGE 18+

- \$1,000 Jackpot
- Early Bird starts at 7:00 p.m.
- Regular Games at 7:30 p.m.

Free, well-lit parking.
Complementary food with
admission

1150 Carnation Dr.
Rockville, MD 20850
240-314-8800

Directions: 240-314-5019

Ask the Outreach Worker...

From the "Dear Marci" files of the Medicare Rights Web page:

"Dear Marci, Last month I visited the emergency room because I was having terrible stomach pain. Because the doctor wasn't sure what was causing the pain, he ordered an ultrasound. It didn't turn out to be anything other than cramps and now my Medicare HMO is refusing to pay for the ultrasound. My plan said I should have gotten prior authorization before getting the test. Am I supposed to pay?"
—Kelly

Dear Kelly, No. Your Medicare private health plan must cover all emergency and urgent care, even if

- you don't have a referral or permission (prior authorization);
- the provider or facility is outside of your plan's network—which means it can be any provider in the United States;
- your condition, which appeared to be an emergency, turns out not to be an emergency.

No matter what the reason, the plan must pay for each of the following types of care:

Emergency care - A medical emergency is when any reasonable person would believe that her or his health is in serious and immediate danger, such as from a bad injury, a sudden illness or an illness that seems to be quickly worsening—just like your stomach pain.

Urgent care - The same rule applies for urgent care, which is care required because of a sudden illness or injury that needs immediate medical attention but is not life threatening. This care may be received outside the emergency room—for example, if the hospital cannot provide the service you need and schedules treatment at another facility.

If either Medicare or your private plan refuses to pay for your emergency, urgent or follow-up care, you have the right to appeal. First, call your doctor and ask what [billing codes](#) were used. The care you received should have been billed appropriately. If not, request that the claim be resubmitted with the proper codes.
—Marci

If you need any information about services for seniors in Rockville, call or visit me at our Outreach and Information office.

("Ask Marci" Reprinted with permission from Medicare Rights Center)

Martha

Fitness and Wellness: Working Hand in Hand for a Healthier You!

FITNESS

EXERCISE MACHINE TRAINING:

You can register via the Recreation Guide. You will be called for an appointment time.

FITNESS CLASSES:

We offer a wide variety of fitness classes. We have something for everyone. See the Recreation Guide for class descriptions, dates and times.

FITNESS CLUB ROOM HOURS:

Mon.-Fri. – 8:30-4:50; Sat. 8:30 – 12:50pm
Membership is available by taking Exercise Machine Training.
See Recreation Guide for more information.

GAME ROOM:

Table tennis, pool tables and a dart board are available for play Monday through Saturday.

PERSONAL TRAINER:

Receive one on one training with our Certified Personal Trainer. See the recreation guide for more information.

TONING TABLE TRAINING:



Register via the recreation guide. You will be called for an appointment.

SPORTS LEAGUES:

Join one of our many fun sports teams. See the recreation guide for league descriptions, dates and times.



WELLNESS

911 EMERGENCY PHONES:

Used cell phones for 911 calls only. FREE

AAA ROADWISE REVIEW: A TOOL TO HELP SENIORS DRIVE LONGER

BLOOD PRESSURE SCREENINGS:

Every Monday from 10am-12pm

BODY FAT COMPOSITION ANALYSIS:

Thursdays 10am-12pm

CHOLESTEROL SCREENING FROM SHADY GROVE HOSPITAL: Fourth Friday of alternate months.

Call 1-800-542-5096 for an appointment

HEALTH INSURANCE COUNSELING: 9/13

HEARTWELL NURSE: Mon. Wed. & Fri, 9:30 am—

2:30pm. Call 301-610-0143 for an appointment
or drop in to see our nurse, Ronnie Kidd.

LOAN CLOSET: Medical equipment for short term loan—Call 240-314-8803

MOBILE MEDICAL

CLINIC: for
individuals without
medical insurance First
Tuesday 9/5/06 12:30 -
3:00 & Third Tuesday
9/19/06 12:30—5:00



Computer Lab Update...



BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS

#19951

Oct 9 – Monday 10 – 11:30 a.m.
THE COMPUTER KEYBOARD

Oct 9 – Monday 12:30 – 2:00 p.m.
USING THE COMPUTER MOUSE

Oct 24 & 26 – Tu/Th 10:30 – 12 noon
BEG INTRO TO WORD PROCESSING

PLEASE NOTE:

Upon completion of the entire series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

In order to complete these pre-requisite classes, you must attend all four classes in the series. Students with previous computer experience who wish to register for more advanced classes without having to take the Beginners Series can pre-qualify at a Student Skills Practice Lab. Our instructors and coaches are available in the Computer Lab every Friday from 9:30 – 11:30 a.m. to assist you. If you do register and find that you are unable to attend, please call – another member may wish to take your place.

OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

UPCOMING CLASSES OCTOBER 2006

Most classes have required pre-requisites, fees and class materials cost (payable to instructor). Be sure to register early! See the Recreation Guide for dates, times and specific details.

#19951	Beginners Intro	Mon, Tues, Thurs	Oct 9, 24, 26
#19963	Computers – Chinese Beginners	Fri	Oct 6 - 27
#19954	Clarify Concepts	Wed	Oct 4
#19965	Computers – Online Banking & Bill Paying		Oct 19
#19978	Computers – Right Click, Left Click		Oct 16 & 18
#19941	Computers – Security	Tues	Oct 24
#19959	Computers – The Essentials	Tues & Thurs	Oct 10 – 17
#19960	Computers – Windows XP	Mon & Wed	Oct 18 – 30
#19970	Digital Photo – Beginners	Tues & Thurs	Oct 10 – 17

A reminder - most of our classes have a minimum required number of students for registration. Classes may be canceled due to lack of registrants. Register early or you may be unable to complete the pre-requisites for the upcoming, more advanced classes that you might wish to attend.

Can you teach a class, conduct a workshop or have special computer skills to share with our students? Do you know or can you recommend someone that might wish to become a member of our professional or volunteer staff? If you have what it takes, call Lorraine Schack at 240-314-8812 for more information.

Carnation Supper Club...

Oct 2006 * Please call
240-314-8810 for reservations!

Join us on Tuesday evenings at 5:00 p.m. for dinner, socializing, and entertainment. Transportation is provided. Please call before noon on Fridays to make a reservation. The price for each dinner with entertainment is \$6.50.

October 3

Jerry Roman, Piano Man

Breaded Scrod
Scalloped Potatoes & Green Beans
French Bread
Fruit Cup/Cookie
Milk-Tea-Coffee

October 10

Greg Lupton, Piano/Singer

Lasagna
Peas & Tossed Salad
Wheat Roll
Fruited Jello/Topping
Milk-Tea-Coffee

October 17

Village Jazz Band

Vegetable Soup
Turkey Salad
Marinated Carrots & Lettuce/Tomato
Dinner Roll
Chocolate Pudding
Milk-Tea-Coffee

October 24

**Bethesda Little Theater
Remembering the 30s**

Roast Beef/Au Jus
Mashed Potatoes
Broccoli
Pumpnickel Bread
Fruit Crisp
Milk-Tea-Coffee

October 31

**Steve Flynn,
Flynnatra - a Frank Sinatra Tribute**

Salmon Patty
Macaroni & Cheese
Spinach
Whole Wheat Bread
Ice Cream
Milk-Tea-Coffee

Berry Crisp



¾ cup rolled oats
1/3 cup whole-wheat flour
½ cup brown sugar
2 Tbsp. melted butter
3 Tbsp. canola oil
3 ½ cups mixed berries (any combination of blackberries, blueberries, and/or raspberries)
1 2/2 Tbsp. cornstarch

Combine oats, flour, sugar, and oil. Mix well. Set aside. Add cornstarch to berries and combine gently. Pour berries into an 8" x 8" or 9" x 9" baking dish. Spread crisp mixture evenly over the top. Bake at 350° for about 30 minutes.

Serves 8. Per serving: 163 calories, 32 g. carbohydrate, 4 g. fat, 2 g. protein, 3 g. fiber and 35 mg. sodium.

Programs and Services...

OUTREACH AND SERVICES

Advance Directives – A Guide to Maryland Law on Health Care Decisions
Forms and information are available in the Transportation office and in Outreach services.

Applications – Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

Assistive Listening Devices – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

Companion Animals – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

File of Life – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

Financial Assistance – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

Health Insurance Counseling – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

Home Repair, Maintenance and Modification – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

Grandparents Raising Grandchildren Support Group – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

Shopping: Westfield Wheaton Mall – October 11

Information and Assistance – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

Legal Assistance – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

Loan Closet – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

Notary Services – No charge. Call 240-314-8810 or see Bette in the transportation office.

TRANSPORTATION

(applications are available in the Transportation office)

Accessible Parking Applications – For motorists with disabilities, applications for parking placards and license plates are available.

Call’N Ride – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

City of Rockville buses – Door to door bus service is available to the Rockville Senior Center, shopping, club meetings and special trips. Reservations are required.

Metro Access – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

Metro Applications for Senior Citizen Reduced Fare Program – ID cards are necessary for discounted Metrobus and Metrorail fares.

Metro Fare Cards – Discount fare cards are available for purchase. Minimum age 65.

Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is \$4.83.

Monday October 2 Vegetable Soup Turkey Chef Salad Black Bean/Corn Salad Spiced Muffin & Melon	Tuesday October 3 Meatloaf Mashed Potatoes/Gravy Squash, Broccoli Salad Pumpkin Bread Diced Pears	Wed October 4 Chicken Country Captain Over Brown Rice Kale Garden Salad Whole Wheat Bread Fresh Fruit	Thurs October 5 Salmon Patty Pasta/Green Bean Salad Cole Slaw Whole Wheat Bread Peach Crisp	Friday October 6 Chicken Patty/Bun Lettuce/Tomato/Cuke Potato Vegetable Salad Fresh Fruit
Monday October 9 Beef Tips With Gravy On Noodles Parslied Carrots Tossed Salad w/Peppers Whole Wheat Bread Apricot Crisp	Tuesday October 10 Breaded Scrod Sweet Potatoes/ Apples Garden Salad Whole Wheat Bread Pineapple Tidbits	Wed October 11 Apple Juice Spaghetti w/ Meat Sauce Mixed Vegetables French Bread Fresh Fruit	Thurs October 12 Minestrone Soup Crackers Cottage Cheese w/Peaches&Lettuce Spice Muffin Melon	Friday October 13 Honey Mustard Chicken Brown Rice Pilaf Zucchini Cole Slaw Pumpkin Bread Mixed Fruit
Monday October 16 Baked Scrod Parsley Potatoes / Broccoli Garden Salad w/ChickPea Whole Wheat Bread Fresh Fruit	Tuesday October 17 Turkey Tetrassini Kale Tossed Salad Whole Wheat Bread Pears	Wed October 18 Apple Juice Hamburger on Bun Potato Salad Spinach Orange Salad Peach Crisp	Thurs October 19 Baked Rigatoni Green Beans Tossed Salad French Bread Melon	Friday October 20 NO LUNCH Food Service Training Day
Monday October 23 Apple Juice BBQ Beef on a Bun Potato Salad Tossed Salad Mixed Fruit	Tuesday October 24 Orange Juice Spinach Cheese Casserole Garden Salad Whole Wheat Bread Fresh Fruit	Wed October 25 Tomato Soup Tuna Rotini Salad Cole Slaw Roll Fresh Fruit	Thurs October 26 HotOpenFaceTurkey On Whole Wheat Mashed Potatoes Broccoli Garden Salad Fresh Fruit	Friday October 27 BBQ Chicken Baked Beans Summer Squash Spinach Salad Whole Wheat Bread Apricot Crisp
Monday October 30 Chicken Chow Mein With Brown Rice Garden Salad w/Peppers Whole Wheat Bread Pineapple Tidbits	Tuesday October 31 <u>Halloween</u> Broccoli Soup Turkey Salad Sandwich On Whole Wheat Lettuce TomatoCucumber Peach Crisp	Have questions about diet and nutrition? Call the Senior Nutrition Hotline at 240-777-1100 Wednesdays from 9-11 am		

City of Rockville
Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850

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PERMIT NO. 63

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Robert E. Dorsey
Susan R. Hoffman
Phyllis Marcuccio
Anne M. Robbins

ROCKVILLE SENIORS, INC.

Board of Directors

President/Chairperson - Ron Barber
V. President - George Galasso
Treasurer - Rusty Embrey
Ass't Treasurer - Betty Hughes
Reporting Sec. - Terry Maxwell
Corresponding Secretary - Betty Ball
Committee Chair - Mary Barber
Committee Chair - Betty Briscoe
Committee Chair - Lois Brown
Committee Chair - Teresa Harn
Senior Commission Liaison - Jonathon Triandafilou

ROCKVILLE SENIOR CITIZENS COMMISSION

Chair: Ciriaco Gonzales
Commissioners:
Audrey Beck Doug Bly
Stuart Crump Nancy McIntyre
Pete Sante Jonathon Triandafilou

DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director
Philip Bryan, Supt. of Recreation
Steve Mader, Supt. of Parks and Facilities

SENIOR CENTER STAFF

Nick Aquino, Building Custodian
Mary Barber, Clerk
Janet Colwell, Clerk
Jackie Cristiano, Program Assistant
Keith Dennis, Building Custodian
B.J. Dittbrenner, Outreach Worker
Mary Fleisher, Wellness Coordinator
Jill Hall, Senior Center Supervisor
Mary Hebron, Nutrition Aide
Andre' Hickman, Computer Lab Mgr.
Dorothy Jackson, Clerk
Theodore Jackson, Bus Driver
Chris Klopfer, Sports and Fitness Sp.
Evelyn McRoy, Nutrition Site Mgr.
Karen Lumpkin, Sr. Recreation Coord.
Edward Lynn, Transportation Sup.
Angie Malone, Bus Driver
Martha McClelland, Outreach Worker
Melissa McKenna, Center Secretary
Miriam Minera, Outreach Worker
Nasr Rizkalla, Social Host
Karina Rodriguez, Reg. Specialist
Bette Sanders, Senior Services Sec.
Lorraine Schack, Sr. Soc. Services Co.
Vicki Smith, Nutrition Aide
Dorothea Sipes, Bus Driver
Shelley Stewart, Bus Driver
Zhao-Yong Sun, Outreach Worker
Ann Taylor, Nutrition Aide
Lillian Tyska, Clerk
Chris Veirs, Program Assistant
Margie Wheeler, Supper Club Mgr.

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

Mission Statement of the Recreation and Parks Department

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.